



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Bellwinkel, Inga

Club: LC Duisburg

Number: 310

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:15:24

Speed: 9.75 km/h

Running performance: 5:57 min/km

Rank in course/Total: 126 (of 244)

Rank in course/Women: 27 (of 67)

Best time in course: 1:47:05

Rank in category: 6(of 15)

Best time in the category: 1:49:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	18:34	5:42	8	4:11	28	4:11	3.25	18:34	5:42	8	4:11	28	4:11
Lap 2	3.25	18:26	5:40	6	3:31	27	3:31	6.50	37:00	5:41	8	7:42	28	7:42
Lap 3	3.25	18:19	5:38	6	2:47	22	3:21	9.75	55:19	5:40	6	10:29	26	11:02
Lap 4	3.25	19:26	5:58	6	3:39	28	4:01	13.00	1:14:45	5:45	6	14:08	26	15:03
Lap 5	3.25	19:57	6:08	6	3:48	28	4:13	16.25	1:34:42	5:49	6	17:52	27	19:10
Lap 6	3.25	20:29	6:18	7	4:26	29	4:56	19.50	1:55:11	5:54	6	21:49	27	23:48
Last lap Finish	3.25	20:13	6:13	7	4:04	28	5:04	22.75	2:15:24	5:57	6	25:25	27	28:19